



13. Kristall-Marathon

Merkers / 17.02.2019

Detailed evaluation

Vorsatz, Hans-Jürgen

Club: Duisburg

Number: 523

Course: 22.75 km

Halbmarathon

Category:

Senioren M70 (70-74 Jahre)

Total time: 3:02:41

Speed: 7.23 km/h

Running performance: 8:02 min/km

Rank in course/Total: 235 (of 244)

Rank in course/Men: 172 (of 179)

Best time in course: 1:31:15

Rank in category: 2(of 2)

Best time in the category: 2:31:54

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	24:25	7:30	2	3:09	178	11:27	3.25	24:25	7:30	2	3:09	178	11:27
Lap 2	3.25	24:26	7:31	2	2:48	175	11:22	6.50	48:51	7:30	2	5:57	178	22:31
Lap 3	3.25	24:43	7:36	2	3:12	175	11:33	9.75	1:13:34	7:32	2	9:09	178	34:04
Lap 4	3.25	26:23	8:07	2	5:11	177	13:23	13.00	1:39:57	7:41	2	14:20	178	47:27
Lap 5	3.25	26:35	8:10	2	5:03	174	13:48	16.25	2:06:32	7:47	2	19:23	175	1:01:15
Lap 6	3.25	28:11	8:40	2	6:14	173	15:17	19.50	2:34:43	7:56	2	25:37	174	1:16:32
Last lap Finish	3.25	27:58	8:36	2	5:10	169	14:54	22.75	3:02:41	8:01	2	30:47	173	1:50:25